



Ted's Almanac

(From Hakobu Kumagai's desk)

It is hard to believe that a man is telling the truth when you know that you would lie if you were in his place.

I used to be indecisive, but now I'm not sure. I have an open mind, it's just closed for repair. The world is full of willing people. Some willing to work and some willing to let them.

One golfer to another: "First it was my marriage, but now, the magic has gone from my nine iron, too."

Harvey's Law: "you can't fall off the floor." Never underestimate the power of human stupidity.

Life in These Parts...

Insta Trak System (at SFH)

The first computer image guided sinus surgery in Hawaii was performed on Nov. 13 by ENT man Roland Tam. Roland says, "The benefit I found is that I knew my patient a lot better. Before, we used a CT scan which gave us a sampling of the sinus cavities...It was like reading every fifth page of a novel...This new technology allows us to see the whole picture, forward, backward, up, down, and sideways."

Ophthalmologist Jorge Camara performed surgery on a patient with proptosis. Jorge was equally ecstatic: "the endoscope allows the surgeon to view the details through a small hole...while the Insta Trak system is like entering a home...It allows the surgeon to see where he is going in relation to the other adjacent rooms of the house..."

Euthanasia Opposed

Thirteen organizations of physicians, nurses, the disabled, hospitals and the religious right banded as the "Hawaii's Partnership for Appropriate and Compassionate Care," to fight the proposal to legalize doctor-assisted death. The coalition included the Hawaii Medical Association, Hawaii Family Forum, Hawaii Right to Life, Hawaii Christian Coalition, the American Center for Law & Justice of Hawaii, Hospice Hawaii, Hawaii Catholic Conference, the Healthcare Association of Hawaii (representing hospitals and nursing homes) and the Hawaii Cancer Pain Initiative.

Physician Moves...

Thomas Jimenez, chief of surgery, Hilo Medical Center announced his recertification in general surgery by the American Board of Surgery.

OB Gyn man Ronald Volt closed his private practice in Hilo on Jan 15.

Hoon Park announced evening hours Mon-Fri 8am-8pm at 868 Ululani St, Hilo, HI.

The Hilo Family Practice Center closed as of Dec 31 (Family physicians Lynda Dolan, Laurie Hopman and Jan Martell relocated their practice at 409 Kilauea Ave.

Potpourri I...

Two men were sitting in a doctor's office. "What are you here for?" one asked.

"Circumcision," the other replied. "I had one of those the day after I was born," the first man commented. "Afterward, I couldn't walk for a year."

Gravely ill, a man went to the doctor with his wife. After the exam, the physician motioned for the wife to meet him in the hallway...

"Your husband is very sick," the doctor said. "But there are three things you can do to ensure his survival. First, fix him three healthful, delicious meals a day. Next, give him a stress free environment and don't complain about anything. Finally, make passionate love to him every day."

On the way home, the husband asked, "What did the doctor say?"

"I'm sorry," she said, "but you're not going to make it."

Medical Tid Bits...

Efforts to Avoid C-Section Poses Dangers...

A NEJM article by four physicians at Harvard teaching hospitals say that pressure from HMO's and policy makers is leading physicians to encourage vaginal delivery even when the risks are higher than with C section. The OB men are concerned about an increase in uterine ruptures as well as injuries to babies caused by vacuum devices and forceps.

Re Birth Control Pill

The latest issue of the British Medical Journal reports that 46,000 British women tracked 25 years showed no increased incidence of death from cancer, strokes and other side effects.

More than 300 million women world wide have used the pill and an estimated 100 million are currently taking it.

Bruce Stadel, medical officer of the US Food & Drug Administration agrees that the latest study gives a "strong, resounding note that there is no long term impact even with the highest dose pills." (The new generation of low dose pills is even safer)

Magnet Therapy

Neurologist Michael Weintraub of New York Medical College reports in the Journal of Pain Management Jan issue that magnets may relieve chronic foot pain in diabetics and other ailments. Twenty million diabetics are subject to painful, burning, numbness and tingling of their feet and hands...

Paul Rosch, president of the American Institute of stress who has written about the history of magnet therapy says, "We don't know the mechanism by which it works...It is all trial and error."

Potpourri II... A Challenge?

John Robinson MD Vancouver

When the pneumonia vaccine arrived last Fall, I went to visit one of my shut in, but very mentally alert 90 year old ladies...

As I was giving her the shot, I said, "This is

good for at least 10 years."

She promptly replied, "Oh, I'll be here for it. But will you?"

Conversation Stopper...

R. Bartlett MD Sussex, N.B.

An important part of the art of medicine is putting the nervous or embarrassed patient at ease. Such was the case one beautiful April day when a 20 year old woman was presenting for her first ever complete physical.

While examining her breast, I made the innocent comment, "Nice Spring."

Her quick and some what short retort was, "Yes, it's because I'm still young."

A few seconds later, she suddenly realized my comment was about the season, not her tissue turgor.

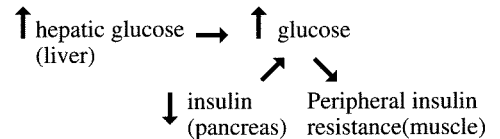
The rest of the examination was conducted with minimal conversation with no further effort to distract her from the indignities of her situation.

Conference Notes...

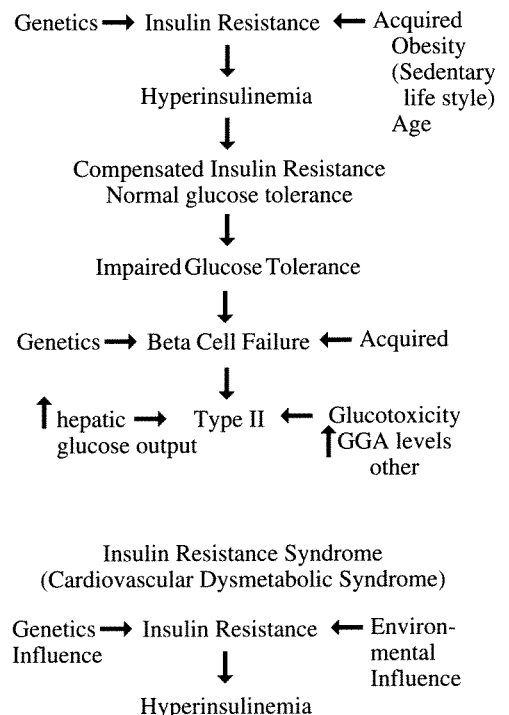
"Insulin Resistance" VP Robert Henry, UC San Diego, Friday, 8:00am, Queens Kam Aud Feb. 5, 1999.

A. Introduction:

a. Pathogenesis Type II:



b. Progression Type II



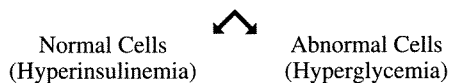
c. Insulin Resistance Syndrome

1. Clinical Manifestations:

- a). Central obesity
- b). Glucose intolerance
- c). HTN
- d). Atherosclerosis
- e). Polycystic Ovary Syndrome

Insulin resistance in IGT and DM: Glucose disposal rates at identical glucose levels: Normal > IGT > DM

Insulin resistance: Pancreatic B Cells



2. Prevalence Insulin Resistance in Metabolic Disorders:

- a). ↑cholesterol
- b). ↑BP
- c). ↑urates
- d). IGT
- e). NIDDM
- f). ↑Triglycerides
- g). ↓HDL
- h). ↑IGT/NIDDM + Dyslipidemia
- + ↑urates: 95%

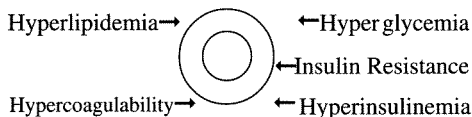
f. Long Term Complications of DM:

- 1). ↑Microvascular disease
- 2). ↑(Macrovascular) disease

g. CAD Mortality in Type II:

- men: 2-3 x ↑ death rate (Joslin)
- women: same after losing protection of estrogen (ie. post menopausal...)

Is insulin atherogenic? Ans: No
HBA1c predicts CAD in Type II:



h. Rx Cardiovascular Metabolic Syndrome:

- 1). Ameliorate hyperglycemia
- 2). Improve lipoprotein
- 3). Control hypertension

B. Treatment of NIDDM: ("Getting back on the curve")

- a. Oral pharmacologic Therapy (5 classes)
 - 1). Sulfonylurea (Most potent for HBA1c)
 - 2). Biguanides
 - 3). Alpha Glucoside Inhibitors: (Acarbose) tid a.c.; effect on HBA1c; start 25mg od and ↑up to tid; Max 50mg tid
 - 4). Thiazolidinedione
 - 5). Repaglinide: (in Metformin failure) Insulin secretagogue; adjunct to diet and exercise; use in combination with Metformin; enhances insulin secretion; two to four times a.c./d

*Metformin (US 4 yrs; Europe 40 yrs experience)
Lowers hepatic glucose production; insulin

sensitizer; in Sulfonylurea failures, add Metformin to glyburide or Metformin with insulin Rx; avoid when serum creatinine elevated (Metformin is cleared by kidney)

- * Thiazolidinedione: pure insulin sensitizers
 - 1). Ciglitazone
 - 2). Praglitazone
 - 3). Priglitazone
 - 4). Troglitazone (4yrs)

* Troglitazone (Activities PPARy nuclear receptor in skeletal muscle)

Time course of weeks and months; never stop sulfonylureas when starting Troglitazone (or any sensitizer); Troglitazone may reduce insulin dose in insulin treated Type 2; Troglitazone reduces triglycerides; raises HDL and LDL.

Treatment schedule for Troglitazone: Start 200mg od for 2 to 4 weeks; then increase q 2 to 4 weeks to maximum 600mg; check transaminase

**Insulin sensitizers are Troglitazone and Metformin...

	TRZ	MET	TRZ+MET
FBS	-2	-20	-35
HBA1c	↔	↔	-1.2
MEAN PPG	-25	-25	-41
EGD	↔	-18	-16
ISGD	+97	+27	+151

Potpourri III...

George knew what he wanted in a woman... "The girl I marry will be an economist in the kitchen, an aristocrat in the living room and a harlot in bed."

Now he's married and his wife has all the required traits—but not in the same order. She's an aristocrat in the kitchen, a harlot in the living room and an economist in bed.

Quotable Quotes

Most people don't mind criticism as long as it's about someone else... (*National Enquirer*)

We all live every day in virtual environments defined by our ideas. (*Michael Crichton*)

The world is progressing and resources are becoming more abundant. I'd rather go into a grocery store today than to a King's banquet a hundred years ago... (*Bill Gates*)

Doing the best at this moment puts you in the best place for the next moment... (*Oprah Winfrey*)

In the Fast Lane

I was heading for work on the freeway one morning when I noticed a car weaving slightly in the next lane. As I pulled even with it, I could see that the driver's face was almost touching the wind shield as she used the rear view mirror to apply mascara.

Suddenly she veered in my direction... It scared me so badly I dropped my lip stick right into my cup of coffee. (*Catherine Lemm*)

Conference Notes...

"GERD" VP Donald Castell MD, President American GE Ass'n, Chm Department of Medicine, Allgheny Univ of Health Sciences Fri Mar 5 QMC

Introduction:

a. GERD: Sy's c̄ or s̄ tissue damage 2° to reflux

of gastric contents...

b. NERD: Non erosive reflux disease.

Prevalence of Heart Burn in US:

Controls	Monthly	15%	Patients	20%
"	Weekly	14%	"	12%
"	Daily	7%	"	13%

GERD Spectrum:

Typical (Heart Burn/ Regurgitation)
c̄ erosive esophagitis
s̄ esophagitis*

Atypical

Angina like pain
Asthma/cough
Laryngitis

Complications

Ulceration
Stricture
Metaplasia** (Barrett's)

*Requires abnormal pH-metry
**AdenoCa increasing c̄ Barrett's.
Lower LES Pressure a/c severe GERD.

Pathogenesis GERD:

- LES incompetent
- **Inappropriate LES relaxation

GERD Diagnosis:

- a. Clinical Hx
- b. Barium studies (Air contrast)
- c. Endoscopy
- d. Ambulatory pH monitor
- **Who to endoscope?
 - a. GERD sy's > 5yrs
 - b. age > 40
 - c. White male (never seen in blacks)
- 24° Ambulatory pH Monitor: Spikes below pH 4.0 = reflux

GERD Rx:

- a. Life Style Modification
 - 1). Elevate head while sleeping c̄ 6 inch block under legs or wedge under mattress.
 - 2). Modify diet: ↓volume & fat
 - 3). Avoid recumbancy 3 hrs pp
 - 4). Stop smoking
 - 5). Antacids, alginic acid, H₂RA (OTC dose)

b. Pharmaceutical Rx

- 1). Promotility Agents:
 - Bethanachol (Urocholine)
 - Cisapride
 - Metoclopramide (Reglan)
 - Domperidone
 - Erythromycin ?
 - 2). Acid Suppression:
 - a). H₂ Blockers
 - b). Acid Pump Inhibitors
- **Proton Pump Inhibitors are the best agents for controlling esophageal exposure in GERD...
**GERD healing dependant on level of acid control.

c. Surgery: 1). Hill repair 2). Belsay repair

3). Nissen repair
***Laposcopic fundal plication

***Esophagitis Relapses Quickly After Cessation of Therapy:

*85% relapse within 6 mos after cessation of therapy...Therefore maintenance therapy important...

***Fundal plication: effective maintenance for 2 years.

Omeprazole Trial: Effective GERD maintenance 5 yrs... Same results with 11 years of Rx. May need to increase Omeprazole dosage: 20mg→40mg→80mg daily

Management of GERD: Endoscopy as guide to therapy.
Identify Barrett's esophagitis:

***Surgery is not a good diagnostic test for GERD.

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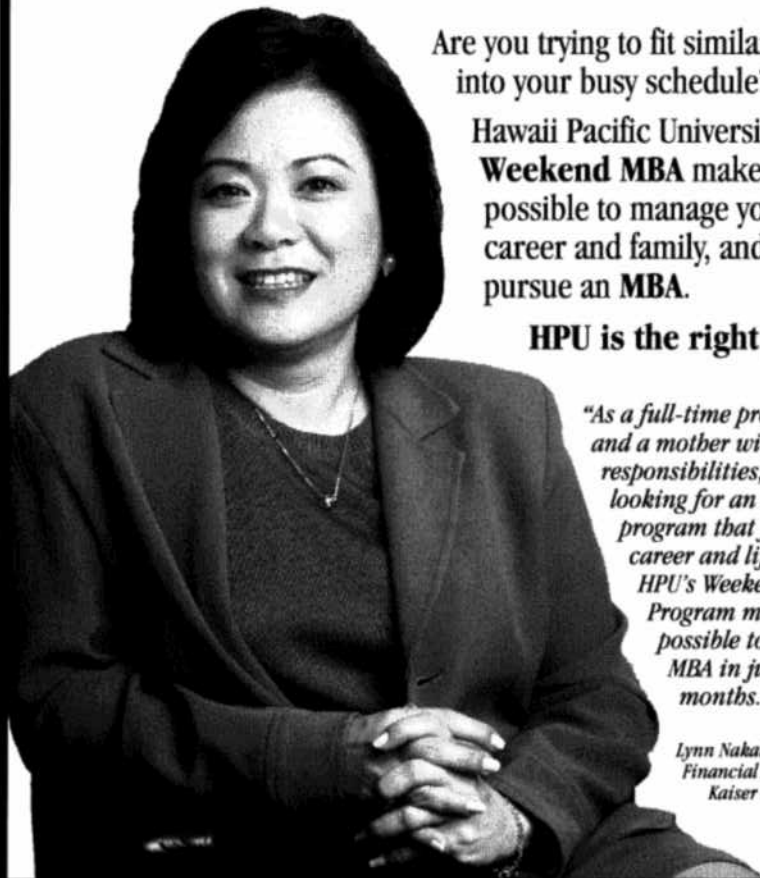
Pearl City Business Plaza.— Tenant Improvement Allowances for Long Leases; 680+ sq ft; 24-hr security; free tenant/customer pkg; Gifford Chang 581-8853 DP, 593-9776, 531-3526.

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